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Nelson, And Others, While Always Keeping An Open
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X 9 Exercises) 1) KICKBACKS 2) FRONT LUNGE 3) CLIMBER TO SIDE WINDER 4) HALF WALKOUT 5) JOG & PUNCH 6)DROP SQUAT 7)STRAIGHT LEG DEADLIFT 8)JOG & PUNCH THE SKY 9)DEEP UPPERCUTS • There Are 3 Arenas That Make Up A Tapout Fusion Class: FOCUSMASTER 3th, 2024

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